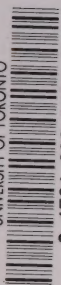


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WATER FLUORIDATION

A Brief presented to
The Ontario Fluoridation Investigating Committee

by
The Royal College of Dental Surgeons of Ontario
and
The Ontario Dental Association

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ROYAL COLLEGE OF DENTAL SURGEONS OF ONTARIO

THE ONTARIO DENTAL ASSOCIATION



230 ST GEORGE STREET TORONTO 5, ONTARIO

May 2, 1960.

The Honourable Mr. Justice Morden, Chairman,
Ontario Fluoridation Investigating Committee,
Parliament Buildings,
Queen's Park, Toronto.

Sir:

The Royal College of Dental Surgeons of Ontario and The Ontario Dental Association are grateful for the privilege afforded by the Ontario Fluoridation Investigating Committee to express the views of the dental profession of Ontario on the subject of Water Fluoridation.

No attempt has been made at an extensive documentation of the evidence pertaining to the efficacy and safety of Water Fluoridation as we are cognizant that the Committee has sought and has obtained this scientific information. We have, in the following few pages, attempted, briefly and directly, to enunciate our position on a most important public health procedure the institution of which will confer great benefits upon the people of Ontario.

We have the honour, to be,
Sir,
Your obedient servants,

Edmund T. Guest, D.D.S., F.A.C.D.,
President,
The Ontario Dental Association.

M. V. J. Keenan, D.D.S.,
President,
Royal College of Dental Surgeons.

Aileen M. Durham,
Secretary,
The Ontario Dental Association.

Wesley J. Dunn, D.D.S., F.A.C.D.,
Registrar-Secretary,
Royal College of Dental Surgeons.



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WATER FLUORIDATION

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MAY 2nd, 1960.

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WATER FLUORIDATION — A PUBLIC HEALTH MEASURE OF PROVEN MERIT

INTRODUCTION

Water fluoridation is the most important, single, public health measure available to combat an increasingly serious and costly dental health problem.

Water fluoridation is an extension of a natural process through an adjustment of the concentration of fluorides in communal water supplies to a level of one part fluoride per one million parts of water. Such adjustment, in no way, alters the taste, colour, or odour of the water. Over 7,000,000 adults and children in North America have, for several generations, ingested naturally fluoridated water at a concentration of 0.7 parts or more fluoride per million from their existing water supplies. More than 37,000,000 persons in over 1850 communities in Canada and the United States are now served by water fluoridation.

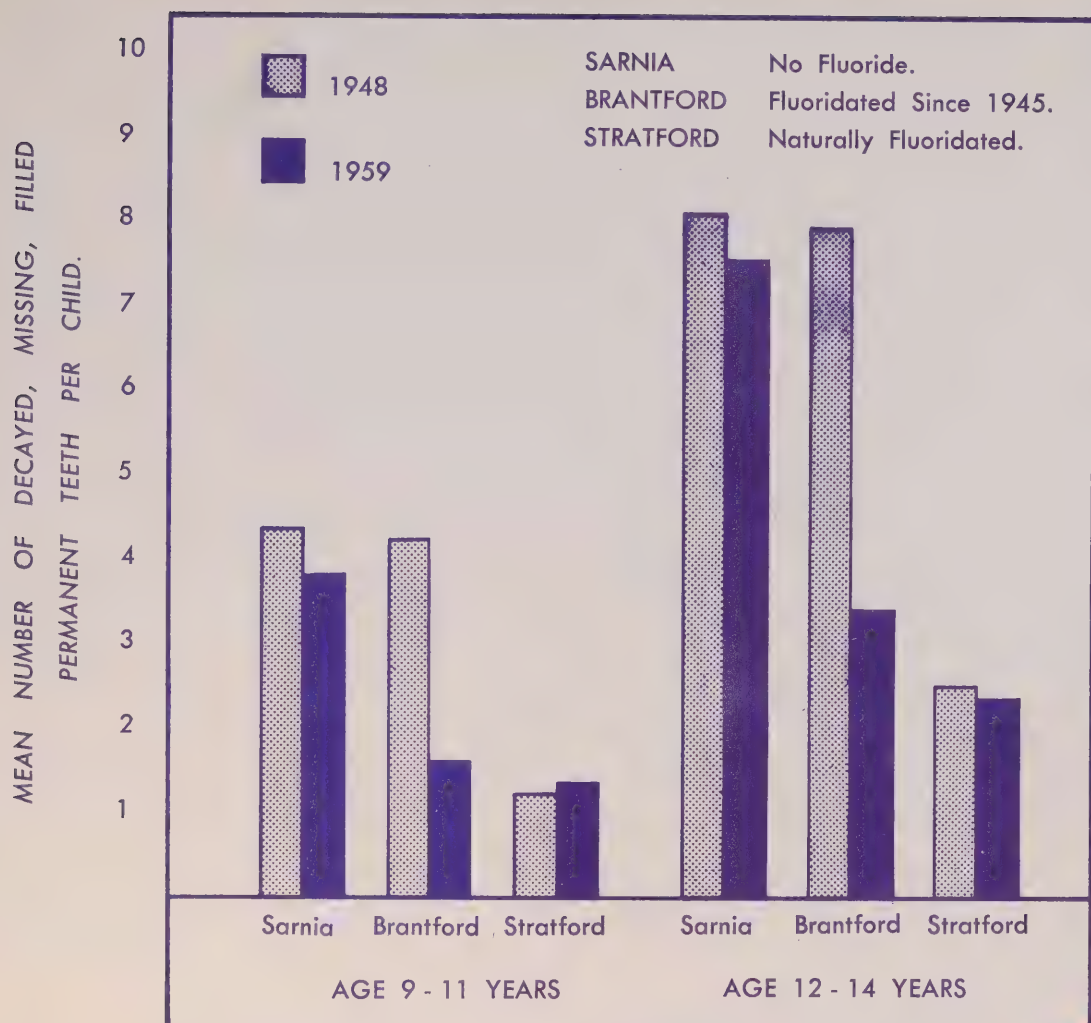
None of the suggested alternative methods of administering fluorides has been proven to be effective nor as economical and safe. At present there is no practical substitute for water fluoridation.



DENTAL BENEFITS

Fluoridation has been scientifically proven to reduce, by approximately two-thirds, the incidence of tooth decay in children. The benefits of fluoridation continue into adult life.

The columnar graph (figure 1), adapted from the 1959 Report of the Department of National Health and Welfare on the Brantford-Stratford-Sarnia Water Fluoridation Study, dramatically reveals the beneficial effects of fluoridation. This study compares the prevalence (average number of teeth affected by tooth decay) of decay among children in Brantford where, since 1945, the fluoride content of the water supply has been adjusted to about one part per million (p.p.m.), with the tooth decay prevalence of children of Stratford, a naturally fluoridated control city (1.3-1.6 p.p.m.), and similarly with the prevalence of tooth decay of children of Sarnia, a fluoride-deficient control city. Other fluoridation studies throughout the world confirm these results.



SOURCE: DEPT. NAT'L. HEALTH AND WELFARE

FIGURE 1. Comparison of the average number of teeth affected by tooth decay per child in the cities of Sarnia (no fluoride), Brantford (fluoridated since 1945), and Stratford (naturally fluoridated), Ontario in 1948 and 1959. Note that tooth decay has not changed significantly over the ten years in Sarnia or Stratford while the average amount of tooth decay in Brantford which was previously similar to Sarnia is, in 1959, similar to Stratford.

MEDICAL ASPECTS

There have been extensive nutritional, biochemical, pharmacological, physiological, and toxicological studies on fluoride furnishing a sound scientific basis for its public health application. The safety of fluorides and their relationship to dental health have been tested, most thoroughly, under the widest variety of controlled conditions. Without question or doubt one part per million fluoride in a water supply is absolutely safe, is beneficial, and is not productive of any undesirable systemic effects in man.

The element fluorine occurs widely in nature as a fluoride compound in combination with other elements. It is found naturally in streams, lakes, and well water and in many foods. Fluorides may exist in organic or inorganic form. However, the only form of fluoride absorbed by the body and hence of any physiological significance is the fluoride ion. The physiological action of fluoride ions, from either natural or artificial sources, is identical.

FLUORINE — AN ESSENTIAL TRACE ELEMENT

In trace amounts recommended for public water supplies—one part per million—the function of fluorides is to promote the development of teeth more resistant to tooth decay than would develop in the absence of fluorides. Fluoride thus may be included with sodium, copper, cobalt, or zinc as an essential trace element in human nutrition.

Ingested fluorides at 1 p.p.m. concentration have no effect upon existing tooth decay. The purpose of fluoridation, therefore is *not* medication but rather the provision of a trace element essential to the proper development of tooth enamel. In this context there is a direct analogy with the iodization of table salt, as required by Part B of the Regulations under the Food and Drugs Act, for the prevention of goitre.

As fluoridation is not medication the suggestion that fluoridation violates personal liberty and constitutes compulsion becomes untenable. While no judgments of Canadian Courts have been rendered in this specific area of consideration, the Courts of ten States in the United States have held that fluoridation of public water supplies does not infringe on the constitutional or legal rights of the individual and under appropriate state enabling authority is a proper exercise of the charter powers of local communities.

On December 2nd, 1954 the Supreme Court of the State of Washington upheld the constitutionality of fluoridation. Concurring in the decision of the Superior Court of Lewis County, which found fluoridation to be a proper exercise of the health authority of a city, the High Court denied that the plaintiff who brought the suit had been deprived of his liberty. The Court stated, "Liberty implies the absence of arbitrary restraint. It does not necessarily imply immunity from reasonable regulations imposed in the interests of the community."

In view of the effectiveness and safety of fluoridation and having regard for the vast array of professional and lay organizations which endorse fluoridation (Appendix), the creation of legislation to permit Ontario communities to avail themselves of the public health benefits of fluoridation would constitute a reasonable and desirable function of responsible government.

CONCLUSION

It is the sincere and considered opinion of the dental profession of Ontario as represented by the Royal College of Dental Surgeons of Ontario and The Ontario Dental Association that there exists an overwhelming and convincing body of evidence attesting to the efficacy and safety of fluoridation. The Royal College of Dental Surgeons of Ontario and The Ontario Dental Association, therefore, endorse unqualifiedly the fluoridation of communal water supplies and would respectfully urge Her Majesty's Government of Ontario to provide the necessary legislation to enable communities to enjoy the benefits of this public health procedure which has been proven, so conclusively, to be in the interests of the public good.

APPENDIX

1. Statements endorsing fluoridation from Canadian organizations qualified to render authoritative opinions on matters pertaining to health :

Canadian Dental Association
Canadian Medical Association
Canadian Public Health Association
Ontario Medical Association
Ontario Public Health Association
Faculty of Dentistry, University of Toronto
Medical Advisory Board, Hospital for Sick Children
Canadian Pharmaceutical Association
Department of Public Health, School of Hygiene,
University of Toronto
Canadian Section, American Waterworks Association

2. List of national organizations which have adopted policies favourable to fluoridation.

THE CANADIAN DENTAL ASSOCIATION
L'ASSOCIATION DENTAIRE CANADIENNE

234 St. George St., Toronto 5
Canada

February 12, 1960

Dr. Wesley J. Dunn, Secretary,
Royal College of Dental Surgeons,
230 St. George Street,
Toronto 5, Ontario.

Dear Doctor Dunn:

The official policy of the Canadian Dental Association on the subject of fluoridation of water supplies is as stated in the following resolution:

Whereas tooth decay, by affecting the vast majority of people in Canada, has come to be recognized as one of the major public health problems of our time, and

Whereas studies covering a period of over thirty years under the widest variety of controlled conditions have marked fluoridation as one of the most widely studied of public health procedures, and

Whereas such studies reveal that fluoride in the recommended amount of one part of fluoride to one million parts of water is safe from any ill-effect and is effective in reducing tooth decay by approximately two-thirds, and

Whereas fluoridation benefits children and the benefits extend into adult life, therefore be it

Resolved that the Canadian Dental Association reiterates its recommendation to the people of Canada that communities having a public water supply adopt a procedure for adjusting the fluoride content of their water supply to a level considered optimal for the maximum prevention of dental decay, and for this purpose seek competent dental, medical and engineering advice.

Yours faithfully,



Wm. G. McIntosh
President



Don W. Gullett
Secretary

CANADIAN PUBLIC HEALTH ASSOCIATION

150 COLLEGE STREET, TORONTO 5, ONTARIO

PATRON: HIS EXCELLENCY THE RIGHT HON. VINCENT MASSEY, C.H., GOVERNOR-GENERAL OF CANADA

THE HON. R. A. DONAHOE, LL.B., Q.C.
Honorary President

J. S. ROBERTSON, M.D.
President

F. B. ROTH, M.D.
President-Elect

G. W. O. MOSS, M.D.
Honorary Secretary

WILLIAM MOSLEY, M.D.
Honorary Treasurer

R. D. DEFRIES, M.D.
Editor

CYNTHIA PALMER, B.A.
Editorial Assistant

OFFICIAL PUBLICATION: CANADIAN JOURNAL OF PUBLIC HEALTH

February 22, 1960

Dr. Wesley Dunn
Registrar Secretary
Royal College of Dental Surgeons
of Ontario
230 St. George Street
Toronto 5, Ontario

Dear Doctor Dunn:

The Canadian Public Health Association first adopted a resolution with respect to water fluoridation at its annual meeting in 1952 in Winnipeg. The wording of that resolution is as follows.

"WHEREAS dental caries continues to be an almost universal disease, affecting the health of the nation,
AND WHEREAS a convincing amount of evidence has accumulated indicating the marked value of fluoridation of water supplies in reducing dental caries in children,
AND WHEREAS there is considerable evidence that the dental protection so acquired in early life is carried over, in good measure, into adult years,
AND WHEREAS no detrimental effect has been demonstrable in those populations which have been using properly fluoridated water for seven years and longer,
BE IT RESOLVED that the Canadian Public Health Association recommends the fluoridation of community water supplies for the reduction of dental caries in those communities where there is at present an insufficient fluoride content for this purpose, and where the procedure can be adequately controlled and supervised."

Annually, from that time the Association has reaffirmed its position in the matter of water fluoridation and for your further information, I present the 1959 resolution.

Dr. Wesley Dunn

- 2 -

February 22, 1960

"WHEREAS the Canadian Public Health Association first recommended fluoridation of community water supplies as a necessary public health measure at the annual meeting in 1952 and has reaffirmed this recommendation at subsequent annual meetings;

AND WHEREAS it has been shown that the use of fluoridated water supplies can reduce significantly the usual incidence of dental caries in children;

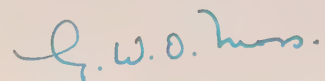
AND WHEREAS twenty years of scientific research and studies followed by twelve years of clinical observations and practical research projects have shown the effectiveness and safety of the fluoridation of water supplies;

AND WHEREAS no other vehicle for the preventive application of fluorides can at present replace water fluoridation as a public health measure;

BE IT RESOLVED that the Canadian Public Health Association emphatically recommends adoption by communities of water fluoridation and urges Her Majesty's Provincial Governments to provide necessary enabling legislation where required."

I am aware that the Royal College of Dental Surgeons of Ontario is preparing a brief for presentation to the Ontario Fluoridation Investigating Committee and we heartily endorse your stand in this regard. I might add that it is our intention to present a statement substantiating the position of this Association in the matter.

Yours sincerely,



GWOM/rw

G.W.O. Moss, M.D., D.P.H.
Honorary Secretary

Ontario Medical Association

244 ST. GEORGE STREET
TORONTO 5, ONTARIO

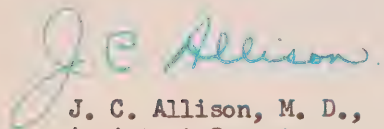
February 26th, 1960.

Dr. Wesley J. Dunn,
Registrar Secretary,
The Royal College of Dental Surgeons of Ontario,
230 St. George Street,
Toronto 5, Ontario.

In 1954 the Canadian Medical Association endorsed the fluoridation of communal water supplies. As a Division of this Association, the Ontario Medical Association accepted and continues to subscribe to this endorsement.

The Committee on Public Health of the Ontario Medical Association, studied this public health measure in 1959 and early 1960 and again endorses the principle of fluoridation of water supplies for the purpose of prevention of dental caries.

Therefore, the Board of Directors of the Ontario Medical Association has resolved to urge Her Majesty's Government of Ontario to provide the necessary legislation to enable Ontario municipalities to avail themselves of the benefits of fluoridation if they so desire.



J. C. Allison, M. D.,
Assistant Secretary,
Ontario Medical Association.



ONTARIO PUBLIC HEALTH ASSOCIATION

Room 405, Annex,
67 College Street,
Toronto, Ontario,
February 10, 1960.

Doctor Wesley Dunn,
Registrar-Secretary,
Royal College of Dental Surgeons
of Ontario,
230 St. George Street,
Toronto 5, Ontario.

Dear Doctor Dunn:

I have been asked to advise your College of the stand taken by this Association concerning the fluoridation of communal water supplies. You may be interested in knowing that at the Annual Meeting of our Association on October 6th, 1955, the following Resolution was passed -

"Whereas an increasing number of Ontario municipalities are awaiting direction and leadership from the Honourable the Minister of Health and the Department of Health of Ontario in the matter of fluoridation of water supplies, and

Whereas at least three other provincial Health Departments have endorsed the process, and

Whereas all important or leading public health, medical and dental associations in Canada and the United States have expressed belief in the benefits and/or the safety of fluoridation of water supplies; now therefore

Be it resolved that the Ontario Public Health Association strongly urge the Honourable the Minister and the Department of Health of Ontario to publicly endorse fluoridation of water supplies and thus provide the leadership in this important public health field long awaited by the municipalities of the province."

At each Annual Meeting held since that time a similar Resolution has been passed by the members of our Association. This may indicate to you that our Association has not in the past five Annual Meetings changed its attitude regarding endorsement of this programme.

I have been asked to advise you that the Board of Directors of this Association have no objection to your using this statement in any way that you see fit.

Yours very truly,

G. K. Martin, M.D., D.P.H.,
Secretary-Treasurer.

GKM/ng

University of Toronto

FACULTY OF DENTISTRY

OFFICE OF THE DEAN

124 EDWARD ST.,

TORONTO 2, CANADA

February 12, 1960

W. J. Dunn, D.D.S.
Registrar-Secretary
Royal College of Dental Surgeons of Ontario
230 St. George Street
Toronto 5

Dear Dr. Dunn:

The Council of the Faculty of Dentistry has been on record since March 28, 1955, in favour of fluoridation of communal water supplies as expressed in the following resolution:

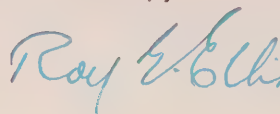
WHEREAS, This Council has reviewed the evidence relative to the effectiveness of fluoridation as a measure for the partial prevention of dental caries, and the evidence relative to the safety of this procedure; and

WHEREAS, This Council recognizes the value of continuing studies relative to fluoridation;

BE IT RESOLVED THAT

This Council endorses the principle of communal water fluoridation as a scientifically sound public health procedure.

Yours sincerely,



Dean

RGE:hc

R. A. LAIDLAW, LL.D., HONORARY CHAIRMAN
J. GRANT GLASSCO, O.B.E., CHAIRMAN

BETHUNE L. SMITH, Q.C. }
E. G. BAKER, LL.D. } VICE-CHAIRMEN

G. A. W. CURRIE, M.D., SUPERINTENDENT
C. A. SAGE, ASSISTANT SUPERINTENDENT
J. L. FLYNN, SECRETARY

THE HOSPITAL FOR SICK CHILDREN

555 UNIVERSITY AVE.

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JOHN BASSETT
R. W. L. LAIDLAW

February 24th, 1960.

PRESIDENT AND VICE-PRESIDENT OF THE MEDICAL STAFF

Dr. Wesley J. Dunn, D.D.S.,
Registrar-Secretary,
Royal College of Dental Surgeons of Ontario,
230 St. George Street,
Toronto 5, Ontario.

Dear Dr. Dunn:

The enclosed statement has been signed by the following
members of our Medical Advisory Committee.

Dr. C.I. Junkin, Chief of Anaesthesia, Chairman of
Medical Advisory Committee.

Dr. J.D. Munn, Secretary, Medical Advisory Committee,
Chief of Radiology.

Dr. R.R. Struthers, Director of Research.

Dr. W.J. Donohue, Chief Pathologist.

Dr. G.A. McNaughton, President of the Hospital Staff.

Dr. Lloyd Morgan, Chief of Ophthalmology.

Dr. W.S. Keith, Neuro-Surgical Service, Vice-President
of Hospital Staff.

Dr. S.A. MacGregor, Chief of Dental Service.

Dr. A.W. Farmer, Chief of Surgery.

Dr. J.B. Whaley, Chief of Otolaryngology.

Dr. A.L. Chute, Professor of Paediatrics.

Yours sincerely,

A.L. Chute, M.D.

R. A. LAIDLAW, LL.D., HONORARY CHAIRMAN
J. GRANT GLASSCO, O.B.E., CHAIRMAN

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ORMSBY DOHERTY	

February 24th, 1960.

PRESIDENT AND VICE-PRESIDENT
OF THE MEDICAL STAFF

FLUORIDATION

A great weight of scientific work clearly indicates that fluoridation of communal water supplies will reduce very appreciably the incidence of dental decay throughout the lifetime of those who have the advantage of consuming such water in their youth.

Where the natural fluoride content of local water supplies is low or absent, the addition of fluoride has been shown as the most efficient way of controlling this health hazard.

Because it offers marked dividends in improved oral health of children and to future generations of Canadians, the stated members of the Medical Advisory Committee of The Hospital for Sick Children, Toronto, commend this procedure to the Fluoridation Investigation Committee of the Province of Ontario.

The Canadian Pharmaceutical Association

J. C. TURNBULL, SECRETARY-MANAGER

• 221 VICTORIA STREET, TORONTO 1, ONTARIO

• TELEPHONE EMPIRE 3-2627

Inc

March 4, 1960.

Dr. Wesley J. Dunn, Registrar-Secretary,
Royal College of Dental Surgeons,
230 St. George Street,
TORONTO, Ontario.

PRESIDENT &
CHAIRMAN OF COUNCIL
E. D. WHITE
SASKATOON, SASK.

FIRST VICE-PRESIDENT
D. F. MCKEAGUE
CALGARY, ALBERTA

SECOND VICE-PRESIDENT
D. R. MITCHELL, M.P.
SUDBURY, ONTARIO

Dear Dr. Dunn:

The Executive Committee of the Canadian Pharmaceutical Association, at its regular semi-annual meeting held in Toronto on the dates of February 15 and 16, 1960, endorsed fluoridation of community water supplies. My office was instructed to convey this endorsement to you and to other persons and organizations having an interest in this matter.

Endorsement by the Canadian Pharmaceutical Association, which is representative of the profession of Pharmacy in Canada, arises from our study of the vast amount of material which has been published by the dental profession and the medical profession. Further, it is assumed that the addition of fluorides to community water supplies will be carried out under the proper supervision and safeguards. The proposed concentration of between 1.0 parts to 1.5 parts per million is, in our opinion, an exceedingly safe level and presents no toxic risk. Research indicates that it has a high therapeutic value.

You are at liberty to use and/or quote our endorsement as you see fit.

Sincerely yours,



J. C. TURNBULL, B.S.P.,
Secretary-Manager.

JCT/w

University of Toronto

SCHOOL OF HYGIENE

TORONTO 5, CANADA

DEPARTMENT OF PUBLIC HEALTH

March 2, 1960.

Dr. Wesley J. Dunn,
Registrar-Secretary,
The Royal College of Dental Surgeons of Ontario,
230 St. George Street,
Toronto 5, Ontario.

Dear Dr. Dunn:

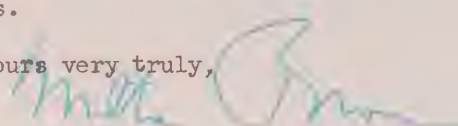
Re: Fluoridation of Communal Water Supplies

Fluoridation of community water supplies has been shown beyond doubt to reduce the occurrence of new cavities by two-thirds in children and this substantial reduction of decay and subsequent disability will go on throughout adult life. Studies over the past thirty years have failed to reveal any deleterious results, cumulative or otherwise.

Artificial fluoridation of water supplies raises the level of fluoride to the preventive level found in certain natural fluoride-bearing water supplies. Water fluoridation is the safest and most effective method of using fluorides to prevent tooth decay.

With these considerations in mind the undersigned endorse and recommend fluoridation of communal water supplies.

Yours very truly,


Milton H. Brown, M.D., Professor and
Head of the Department of Public Health


J. E. F. Hastings, M.D., Assistant
Professor of Public Health


C. W. Schwenger, M.D., Assistant
Professor of Public Health



The Canadian Section

AMERICAN WATER WORKS ASSOCIATION

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KINGSTON PUBLIC UTILITIES COMMISSION
KINGSTON, ONTARIO

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ONTARIO WATER RESOURCES COMMISSION
PARLIAMENT BUILDINGS
TORONTO, ONTARIO

EXECUTIVE ASSISTANT

MRS. MAE GROVE
72 GRENVILLE ST., TORONTO
TELEPHONE WA. 1-0654

MARCH 7TH, 1960.

DR. W. J. DUNN,
ROYAL COLLEGE OF DENTAL SURGEONS,
230 ST. GEORGE STREET,
TORONTO, ONTARIO.

DEAR DOCTOR DUNN:

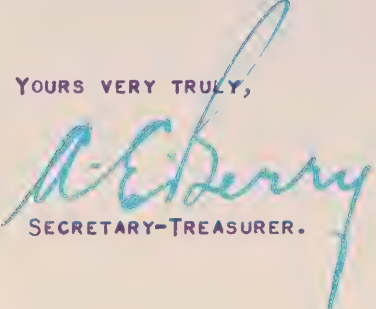
THE STATEMENT OF POLICY ADOPTED BY THE AMERICAN
WATER WORKS ASSOCIATION IN RESPECT TO FLUORIDATION OF PUBLIC
WATER SUPPLIES READS AS FOLLOWS:

"IN COMMUNITIES WHERE A STRONG PUBLIC DEMAND HAS DEVELOPED
AND THE PROCEDURE HAS THE FULL APPROVAL OF THE LOCAL
MEDICAL AND DENTAL SOCIETIES, THE LOCAL AND STATE HEALTH
AUTHORITIES AND OTHERS RESPONSIBLE FOR THE COMMUNAL HEALTH,
WATER DEPARTMENTS OR COMPANIES MAY PROPERLY PARTICIPATE IN
A PROGRAM OF FLUORIDATION OF PUBLIC WATER SUPPLIES."

(THE ABOVE STATEMENT WAS ADOPTED IN JUNE 1949, IN
CONVENTION IN CHICAGO, U.S.A.)

THIS IS THE POLICY PROCEDURE ADOPTED BY THE
ASSOCIATION OF WHICH THE CANADIAN SECTION IS A MEMBER.

YOURS VERY TRULY,


SECRETARY-TREASURER.

AEB;MG

**THE FOLLOWING ORGANIZATIONS HAVE ADOPTED
POLICIES FAVOURABLE TO FLUORIDATION.**

IN CANADA :

Canadian Dental Association
Canadian Medical Association
Canadian Public Health Association
Canadian Pharmaceutical Association
Canadian Society of Dentistry for Children
Health League of Canada

IN THE UNITED STATES :

American Dental Association
American Medical Association
American Public Health Association
American Public Welfare Association
American Cancer Society
American Pharmaceutical Association
American Association for the Advancement of Science
American Water Works Association
American Association of Public Health Dentists
State and Territorial Health Officers Association
U.S. Department of Health, Education, and Welfare
National Research Council
American Hospital Association
American Nurses Association
U.S. Department of Defense
Commission on Chronic Illness
American College of Dentists
College of American Pathologists
American School Health Association
National Congress of Parents and Teachers
American Academy of Pediatrics
U.S. Junior Chamber of Commerce
American Federation of Labor and Congress of
Industrial Organizations
American Society of Clinical Pathologists
Child Study Association of America
Industrial Medicine Association
Conference of State Sanitary Engineers

INTERNATIONAL :

World Health Organization

2962

7-7

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Royal College of Dental Surgeons of Ontario.
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Royal College...

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FACULTY OF DENTISTRY

TORONTO

